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Choose Your Food Wisely

STUDY THESE FIVE FOOD GROUPS

Every food you eat may be put into one of these groups. Each group serves a special purpose in nourishing your body. You should choose some food from each group daily.

1. VEGETABLES AND FRUITS.
2. MILK, EGGS, FISH, MEAT, CHEESE,
BEANS, PEAS, PEANUTS.
3. CEREALS—CORN MEAL, OATMEAL, RICE,
BREAD, ETC.
4. SUGAR, SIRUPS, JELLY, HONEY, ETC.
5. FATS—BUTTER, MARGARINE, COTTONSEED
OIL, OLIVE OIL, DRIPPINGS, SUET.

You can exchange one food for another *in the same group*. For example, oatmeal may be used instead of wheat, and eggs, or sometimes beans, instead of meat; but oatmeal can not be used instead of milk. Use both oatmeal and milk.

YOU NEED SOME FOOD FROM EACH
GROUP EVERY DAY—DON'T SKIP ANY





Here are the Reasons Why

Fruits and vegetables furnish some of the material from which the body is made and keep its many parts working smoothly. They help prevent constipation which gives you headaches and makes you stupid. The kinds you choose depend upon the season, but remember that the cheaper ones are often as valuable as the more expensive.

Milk, eggs, fish, meat, peas, beans.—These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat part of the time, but don't leave out the other foods entirely. Milk is the most important. Buy at least a pint a day for every member of your family. No other food can take its place for children. Save on meat if you must, but don't skimp on milk.

Cereals.—Bread and breakfast foods. These foods act as fuel to let you do your work, much as the gasoline burning in an automobile engine makes the car go. This you can think of as their chief business. And they are usually your cheapest fuel. Besides, they give your body some building material.



You Need the Five Groups

Don't think that wheat bread is the only kind of cereal food. The Government asks us to save wheat to send abroad to our soldiers and the allies. Let the North try the Southern corn bread and the South the oatmeal of the North. Half the fun of cooking is in trying new things. An oatmeal pudding is delicious. See Leaflet No. 6 for the recipe.

Sugar and Sirups are fuel, too, and they give flavor to other foods. They are valuable food, but many people eat more of them than they need. Sweet fruits, of course, contain much sugar and are better for the children than candy.

Fat is fuel—Some is needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Don't let your butcher keep the trimmings from your meat. They belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

Remember the Five Groups





Do You Want More Help

In planning your meals so as to use these five kinds of food? There are other leaflets like this to help you and answer your questions. They have practical suggestions for meals and simple and economical recipes. Here are the names of some of the first leaflets in the series:

United States Food Leaflets

1. START THE DAY RIGHT.

A good breakfast—what you need and how to cook it.

2. DO YOU KNOW CORN MEAL?

Many ways of cooking it, all of them good.

3. A WHOLE DINNER IN ONE DISH.

Attractive dishes that make a nutritious meal and an inexpensive and time-saving one.

5. MAKE A LITTLE MEAT GO A LONG WAY.

Savory stews and meat pies require only a little meat for an excellent dish.

6. DO YOU KNOW OATMEAL?

It is very good cooked in many different ways.

7. FOOD FOR YOUR CHILDREN.

It is a simple matter to give them what they need but a very important one.

8. INSTEAD OF MEAT.

Many foods can take the place of meat. This leaflet tells how to make the exchange in a way the family will like.

Send to the U. S. Department of Agriculture, Washington, D. C., for these leaflets. Get also the Farmers' Bulletins of the series called "How to Select Foods," Nos. 808, 817, 824.

United States Food Leaflet No. 4

